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SELF CURE OF

Female Diseases.

(ILLUSTRATED)

Causes and self cure of Diseases Common to Ladies.

By

PROF. DEV S.

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FEMALE DISEASES.

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PREFACE.

Among the civilised people, of the world, now a days, there is no subject that calls forth more interest and greater attention than that of Sex Education. In England, Germany and America this has been felt to be the most critical subject of the day.

To me it appears that ignorance, in the Science of Sex, the common ailments of the male and the female, and their homely treatment is not innocence but sin. I have tried in this booklet to place before my readers the easy and very efficacious prescriptions of different ailments peculiar to ladies. Every prescription is very cheap and easily procurable in every Indian bazaar. Any thing not procurable anywhere can be had, at a moderate and very reasonable price from the *Steno House Agency, Amritsar.*

K. DEYER.

PAINFUL CHILD BIRTH.

It becomes very tedious and the wife feels greatly inconvenienced if the pains extend over three days.

Treatment:—

1. Do not allow any sweet smelling odours to come near the confind lady.

2. There should be no disturbance from the attendant females around her.

3. The ladies attending upon her should try to lessen her pangs and agony by giving her strong suggestions such as "you are alright now," "all this little bit of trouble will be off very soon," "the hour of birth is fastly approaching nigh," etc.

MEDICINES.

(*A*) *For Internal use:—*

1. Boil 1½ tolas of *Amaltas skin* in

water; add a little sugar, strain, and give.

2. Administer rose-water as much as she can conveniently drink.

(*B*) *Useful Smokes:*—

1. Burn the hoof of a horse, and let its smoke reach her.

2. Smoke of carrot leaves is very useful.

3. Smoke of a snake slough proves highly useful even in case of a dead child.

(*C*) *For External Use:*—

1. Mix the ashes of some human hair with a little of rose-water. Rub it in the scalp.

(*D*) *Injections:*—

In America and England a lady under labour can give birth to a child without

any sort of pain whatever. She is made to sleep under influence of SCOPOLAMIN MORPHINE INJECTION; and when she wakes up she is presented with a baby.

We hear that the method is being practised in some parts of India as well, and a lady can avail of it if she could afford to pay the necessary expenses.

The Scopolamin-Morphine does not produce a total obliteration of consciousness, but having a direct effect upon the nervous system and the brain causes an interruption in the mental association or memory. The patient doses during pains, and though she apparently looks awake,and even discusses her pains with people around her but her talk is irrelevant, and out of place.

Illustration:—

To illustrate the hallucinations caused

by Scopolamin Dr. Steffens gives the following dialogue held between him and a mother under Scopolamin influence.

Q. "Why do you cry?"

A. "Because I have no work."

Q. "What is hurting you?"

A. "The pastry."

Q. "Who am I?"

A. "The barber."

Q. "Where is my barber shop?"

A. "In Freiburg."

Q. "What do I show you just now?"

A. "Hats."

Q. "Have you a child?"

A. "Yes, the baby should be baptised." Then she complained loudly

"I cannot stand it any longer, is it not over yet?"

Q. "What is the matter?"

A. "Income" Then she added. "Dresdon Altstadt" (A suburb of Dresdon).

Q. "What is hurting you?"

A. "Down my neck and finger tips." She complained, and cried loudly when the child was born, "Oh, that hurts!" Afterwards she had no memory of any thing.

Advantages:—

1. The mother having no sense of pain or fear makes no resistance to the contractions of the muscles, which perform their intended functions as nature intends they should.

2. The approach of a confinement in future does not produce a sense of terror in the mind of the lady.

3. The disappearance of all thoughts of pain in the mind of the lady, diminishes the chances of mental shock generally coincident with child birth.

ABORTION.

It is the premature expulsion of the fœtus or unborn child, accidentally or procured by interference.

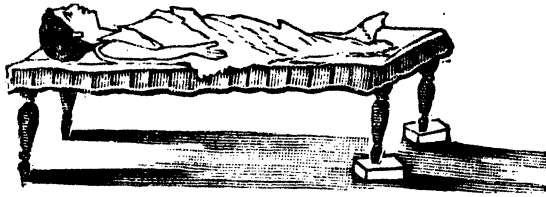
Causes—Severe mental shock, heavy exercise, lifting of heavy weights, falls, blows, small pox, constant constipation etc.

Symptoms-Laziness, debility, general depression, uneasy sensation about the thighs, loins, and the hips with pains succeeded by a discharge of blood.

Treatment—Complete rest, light and nourishing diet, such as sago, milk, khichri etc.

The charpai should be raised on

the hind side by putting two bricks under hind legs of the bed.



Medicines—1. Mix Tragacanth 5 mashas in 2 oz. of water; filter; add equal quantity of cow milk, and drink.

2. One tola powder of isafgol to be taken with half a seer of cow milk.

3. Mix 4 tolas of Soapstone in water, and take.

4. The following prescription to be administered.

Sodii Bromide	...	...	grs. X
Tinct Opii	...	...	... m X
Aqua add	...	...	... oz. I

mft. mist. Such 3 doses 3 times a day.

STERILITY.

Sterility means the barrenness or inability to beget children.

It is to a female as impotency to a man.

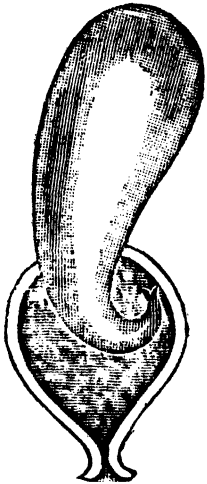
Causes—It may be due to heredity, displacement of the womb, incapacity of ovulation or any other defective formation of the generative organs, constitutional weakness, syphilitic taint etc.

Gonorrhoea is also a common cause of female sterility. Both of the fallopian tubes in this case are generally closed.

Sometimes one lip of the mouth of uterus gets greatly enlarged, and the other remains short, and this malformation of the organ offers hinderance to the entry of the semen into the uterus.

At certain times the neck of the uterus becomes bent upward, such that the

tip of the glans penis, as it normally should do, fails during coitus to come in contact with its mouth; hence



there is a great hinderance in the easy enterance of semen in the uterus.

In some cases of sterility there is no fault of either sex. Husband and wife may each be capable of procreation, but may still be issueless on account of incompatibility between them,

which prevents them from procreating with each other. This incompatibility is often the cause of sterility, which it is very difficult to explain, and almost impossible to cure.

Very fat women are generally sterile. It appears that the body cannot both make fat and produce children. Such women, if desire to be fertile should take plenty of exercise, and take such foods as are free from starch and sugar.

Treatment—Hereditary Sterelity is almost incurable.

In case it is due to some defective formation of the generative organs, an expert lady doctor should be consulted.

In judging the sterility of wife, the defects of the husband should not be lost sight of.

In many sterile marriages the cause lies not with the wife but with the husband, and the poor wife, in a mere

doubt, has to undergo many kinds of humiliating tests, and painful operations such as womb scraping and the like.

There may be either of the following defects in the male:—

1. absence of living spermatozoa in the semen (which condition may be present in a male quite potent as to intercourse);

2. absence of semen ;

3. Impotence.

TESTS OF IMPOTENCY IN HUSBAND OR WIFE.

1. Let him pass urine for a week in an earthen pot, with some grains of wheat in it. If at expiry of this period the grains do not *sprout* the person is impotent. Similarly with wife.

2. Throw a drop of seminal fluid of the husband in a cup full of water;

Medicines—In the case of husband, he should better take *Steno's Gold and Phosphorus pills* internally, and apply *Impotency Oil* externally. In the case of wife, the following medicines can be given with advantage:—

1. Powder and sieve ivory dust, and mix equal quantity of sugar. Let the wife take half tola of this powder daily for ten days after the menses are over, and then cohabit with her husband.

2. Swallow a seed of smundaraphal with curd, a day before cohabitation.

3. The wife should try *Steno's Lady-Cure.*

LEUCORRHOEA (or whites).

Leucorrhoea means literally a "*white running.*"

It is a yellowish white discharge among the females of any age especially a few week before child birth. Now-a-

days 80% of the women suffer to some extent periodically from a disagreeable discharge of whites from the genital organs.

Just before and after menses, there is a tendency for the sexual organs to form an increased secretion of mucus for a day or two.

If this goes on for the whole of a month as a white watery or creamy discharge it is abnormal, and the lady is said to be suffering from *whites.*

In delivery the vagina is stretched, and often torn; and from such injuries result inflammation of the vagina. Thus the vaginal wall remains larger and thicker than the virgin vagina, and its glands secrete more. If you examine a woman a month or two after delivery, you will find the vagina red, easily bleeding and secreting pus. Later on the redness, and tendency to bleed

diminish; but the secretion often continues. The woman often complains of "*whites*," and finds the stains upon the linen as yellowish.

In old women the discharge is generally copious and always morbid. It may come from the vagina, or from the uterus, or from both. Among old ladies the disease is difficut to cure, and relapses are commoner.

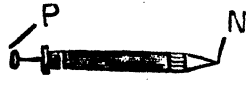
Symptoms:—Headache; loss of appetite; langour; pain in the back. Discharge of whites is sometimes very profuse and offensive. It may at times be tinged with blood.

Causes:—The inflammation of the genital organ, which may be caused by exposure to cold and wet; excessive sexual intercourse; poisoning of the blood from over eating; use of alcohols; highly seasoned foods, and general weakness; women who have borne

children at close intervals are often susceptible to the complaint.

Treatment:—Treat the cause; the patient should have moderate exercise in open air; care should be taken to remove constipation; washing of the private parts with alum lotion is highly useful. Douches with simple warm water even are helpful in keeping the vagina clean and free from accumulations of offensive secretions. Sea bathing is also very efficaeious. Nourishing food, avoiding all kinds of stimulants, good sleep, and sufficient rest are recommended for this complaint.

Medicine:—1. One tola tea boiled in a pint of water, may be used for injection purposes.



2. Fill a glass syringe with fresh unboiled cow's milk, and inject it into the vagina twice daily.

3. Steno's *Lady Cure* to be taken two times every day.

HYSTERIA.

Nature of the disease:—It is a disease from which women suffer more than men. It is associated with mental degeneration. An early theory about it was that it depended upon ungratified sexual desire. The tendency to hysteria often lies latent until the patient becomes reduced in health when it becomes manifest. Its real characteristic is an abnormal lack of sensitiveness.

Symptoms:—Almost unconciousness; often screaming, sobbing and crying; too much sensitiveness; temporary blindness; a little of deafness; pain in certain parts of the body; flushings of the face; hiccup.

Causes:—This disease is mainly due to anxiety; pressure of work;

nervousness ; the last but not of least importance:—the ungratified sexual desire.

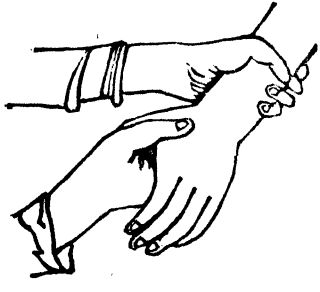
Treatment:—Do not talk much of the disease before the patient, but on the other hand try to divert her attention to some merry and pleasant topics. There should be diverse types of amusements ready in the patient's room. Make her believe that she is cured, and she is cured. The cure will be permanent if she is kept away from influences which suggest disease. The male and female visitors should not be allowed in ; if otherwise their visits should be as short as possible.

During its fit:—Unbutton her dress ; fan her face ; sprinkle cold water, vinegar or Ethyl Chloride on the face ; place ice on her head. If the patient be strong and robust compress her mouth as well as nostrils, until there is

a strong endeavour to breathe; and then let relax your grip, and allow the air to go in. The pouring of cold water on the head of the patient does much good. A bottle containing hot water may be placed under the feet. As soon as the patient is in her senses and able to drink, a small quantity of cold water may be administered to her to drink. In a fit of faintness the application of smelling salt to the nostrils is very useful.

Few whifs of chloraform may bring the patient to consciousness.

Press firmly the fleshy portion between the thumb and the index finger of the either hand of the patient with your finger and the thumb



of the right hand as shown in the illustration. This will most probably bring the patient to her proper senses.

AMENORRHOEA

Is the stoppage of monthty course.

Causes:—

Aneamia, wasting diseases, certain nervous disorder.

Symptoms:—

The appearance is pale, constitution weak, bosoms ill developed, often pain in the back and the waist, frequent headaches, white discharges, palpitation of heart, loss of appetite.

Sometimes there is an increasing swelling in the lower abdomen, which can be felt by putting the hand on the abdomen. Its size depends on the amount of blood retained.

Diagnosis:—Make the patient lie flat; ask her to draw her knees up; then place your hands on the abdomen. You will either feel a distinct swelling rising out of the pelvis, or you will be able to press your fingers deep down into the pelvic cavity. If she does not complain of monthly pain and there is no abdominal swelling then it is clear that there is no considerable quantity of menstrual fluid retained and therefore no need for immediate anxiety.

If you find a swelling rising out of the pelvis, you must examine by the Vagina. In retention of menses, the finger, when inserted in the Vagina, feels a tense, bulging, elastic swelling, which on inspection is seen to be bluish in colour.

Treatment:—

Remove the cause. The treatment of retention of menses consists in

letting out the retained blood, and if possible keeping open a passage through which the menstrual flow may escape. If the patient is aneamic, give her tonics like iron ; Steno's *Amenorrhoea pills etc.*

5 grs. Sulphate of iron in ounce of water four times daily, discontinuing four days before and four days after the expected period of menses.

Geru and *Gum Acacia* powdered in equal quantity to be given only three mashas every day with cow's milk.

DYSMENORRHOEA

Is the painful menstruation. When the patient is in the monthly course she feels much pain ; and the bleeding is less in amount.

Causes:—

1. Inflammation of the Uterus.

2. The mouth of uterus is obstructed on account of the bending of the uterus.

3. Cancer of the uterus.

4. Debility, an ill health.

5. Sterility.

Symptoms:—

Five or six days before the due time of menses the patient feels pain in the area above the pubis. She feels heaviness, restiessness, and headache. On the first day the menses is much less than the succeeding days and it comes on accompanied with pain.

Treatment:—

Apply turpentine fomentation over the painful area. Give hot hip bath ; some leeches applied over the area may relieve pain. Give some purgative. In some cases the disease is cured

after pregnancy. Give Steno's *Dysmenorrhoea Elixir.*

MENORRHAGIA & METORRHAGIA.

Menorrhagia means excess of menstrual bleeding; and Metorrhagia means bleeding not limited to the time of menstruation.

Causes:—

Displacement of the uterus; frequent abortions; frequent child births; inflammation of uterus; any swelling in the uterus, sexual excess.

Symptoms:—

There is copious bleeding from the uterus. The patient becomes pale, and aneamic; she feels giddiness, loss of appetite; and sometimes the patient faints.

Treatment:—

Complete rest. Lower part of the bed should be raised. Apply ice or cold water to the area above the Pubis. Give *Steno's Heomostatic Elixir.*

WOMB TROUBLES.

(1) *Displacement.*

Causes:—Hard exercise ; lifting of heavy weights; absence of sufficient rest after confinement; too many child births.

Symptoms:—Liver and stomach troubles; delicate health; constipation; whites; pains about the groins, back and thighs.

Treatment:—Give mild tonics ; and let the patient take complete rest in a lying posture; inject cold water every morning.

(2) *Inflammation.*

Causes:—Catching of cold during confinement or menstruation; irregular monthly courses; strong injections; excess of intercourse; too much of physical exercise.

Symptoms:—Shiverings and fever; pain about the loins and thighs; troubled and painful urination; vomiting; painful menstruation.

Treatment:—Keep the bowels clean; complete rest in bed is of utmost importance. Douche of Pot: Permanganate in warm water. Plug the vagina with Belledona Glycerine.

(3) *Ulceration:*—A sore at the opening of the mouth of the womb.

Causes:—Displacement or inflammation of long standing.

Symptoms:—No special signs visible. Ordinary ulcer will heal up by itself.

SEXUAL TROUBLES.

1. *Difficulty without pain*—Some people bring complaints that they cannot accomplish the intercourse, even at their repeated attempts; and they also say that their vigorous endeavours do not in any way hurt their wives.

Such reports point either to a malformation, so that the vagina is either closed or absent, but in no way tender, or they refer, which is often the case, to the defective power in husbands.

2. *Pain without difficulty*:—This is experienced by many wives, who have pelvic inflammations with tenderness of the ovary, the cause of which can be found out by examination.

3. *Pain and difficulty*:—In certain

cases there are both pain and difficulty present, which may be due to

(a) smallness of the Vaginal opening,

(b) extreme sensitiveness of the mucous membrane of the Vulva,

(c) disease of the Vulva.

(a) *Smallness of the Vaginal opening*—In certain virgins the first coitus is difficult, painful, and causes bleeding. If the Vaginal opening is smaller than usual, this difficulty cannot be surmounted unless the opening is enlarged by an expert Lady Doctor.

(b) *Sensitiveness of the mucous membrane of Vulva*—In such cases when intercourse is attempted there is a very great pain experienced by the wife. Such troubles can be removed by douches with *Antiseptic Powder.*

In certain ladies if the disease is prolonged it becomes incurable.

Intercourse can then be made possible only by the insertion into vagina of a pessary,five or ten minutes before hand.

(c) *Diseases of the Vulva*—The conditions which attract attention are inflammation of Urethra, contraction of the Vaginal opening, inflammation of the Vulva, chancres, painful vaginities etc. The diagnosis can be made by examination.

Treatment–Douching twice a day with simple luke warm water will correct most of the Vulva and Vaginal troubles. For Vulva troubles it is better if the patient after using the douche holds the labia apart and scatters there Steno's *Vulvo Vaginal Powder* so as to dust the whole surface. This powder should be used as often as the disagreeable sensations which it relieves arise.

ABNORMAL SEXUAL FEELINGS.

1. *Absence of Sexual Feeling*—Some ladies do not absolutely feel any sexual

desire. The absence of this desire does not stop fertility. Such ladies are often considered very happy. But on the other hand I know cases in which the lack of sexual feeling has produced conjugal unhappiness resulting in separation. Sexual feelings may remain absent in a lady for the whole of her life or they may atonce develop late in the child bearing times.

Treatment—If there is any such local disease which makes intercourse difficult and painful, try to know it and remove it in order to arouse in her the sexual desire so as to make your household happy for the future.

2. *Too much of Sexual Feelings*—There are certain ladies who possess too much of sexual feelings. If it so happens that a lady has atonce to discontinue the marital intercourse, as from widowhood or separation, the tention of excess of sexual desire finds

natural relief in her love reveries and erotic dreams accompanied by orgasm.

In certain girls the friction caused by working a Pedal Sewing Machine, or riding a horse or a cycle causes the sexual orgasm. If carried to excess it produces very bad effects in a lady.

Treatment—Avoid the cause which provokes sexual feelings. Let her take to some occupation which keeps her busy always and does not allow her to think of anything else.

IMPORTANT.

Dear Reader,

If you do not understand any thing or like to get a further knowledge on the subject for any thing special in your case, write a reply-paid envelope to the author c/o Steno House Agency, Amritsar.

All correspondence are kept strictly confidential.

HIGHLY USEFUL

AND

TRIED MEDICINES.

CAN BE HAD OF :-

STENO HOUSE AGENCY

AMRITSAR.

Sleno's **Sexual Tablets :—**The use of these tablets renders a man capable of enjoying the sweet pleasures of conjugal connections Price Re. 1/- for 16 tablets.

Dr. M. L. Chopra M. B. B. S. writes:—
"I have tried them in many patients with success."

2. Gold and Phosphorus ills ;—

They remove fatigue, aid digestion, purify blood, improve memory and infuse new life, strength and energy into the hopeless patients of masturbation and night discharges. They are invaluable boon to the students and other brain workers for increasing their retentive power ten fold. Maximum course of treatment is 16 days—32 pills Price Rs. 3 only.

Dr. Phool Chand L.M.P., M.S.B. writes:-
"Only a week's use of your Gold and Phosphorus Pills has worked wonders in curing a patient of mine who suffered for a long time from the after effects of masturbation."

3. Baniano Peeple Powder:—
For nervous weakness and seminal disorders.

stops all seminal troubles. Price As. 12 per tin.

Mr. T. H. M. Shadaksharayya M. A. B. L. (Pleader) Bellary writes:— "*Baniano Peeple Powder* has added much vigour to my constitution."

4. Lady Cure:—It proves highly useful in curing Leucorrhœa (whites), itching sensation, and meloncholy conditions. Price Rs. 2 per tin.

Medical Officer. C. Lal, writes:—"I have used 'Lady Cure' among many patients of mine, which has shown marvelous results in Leucorrhœa. For *whites* it certainly has no equal."

5. Menstruation Pills:—Readily cure Amenorrhœa (stoppage of menses), and Dysmenorrhœa (painful menstruation). Price Rs. 1/8/- for 24 Pills.

Mr. A.S. Buxi M.S.D.. S.C.T.S.D. writes:—
"I have tried the Menstruation Pills in certain with complete success."

6. Steno's Sure Son:—This is a Magical production, sure in its results Persons longing to have sons should try this. We

under take to refund double the amount in

case it fails. (It is to be taken during the first four months of pregnancy).

Mr. Dila Ram, Sub Inspector Police, Jaipur, writes:— On my recommendation three of my friends tried your *Sure Son* and you will be glad to know that all of them are blessed with beautiful sons. They feel highly indebted to you and promise to recommend it to all their friends."

7. *Steno's* **Child Smile** :—Is a liquid, which if daily administered a teaspoonful to a child, enables it to grow veary healthy and strong. Price As. 10 for small bottle, and Re. 1 for big bottle.

A. Natha B.A., Manager Laxmi Insurance Co., writes:—"I have tried the '*Child-Smile*' in the case of many weak and lean children of the ages varying between 3 months and 4 years and have found it very useful invariably in every case

8. *Steno's* **Soothing Powder :—** This powder is specially useful during the

teething period, when there is a fear of the child catching different types of diseases. The use of this powder daily or on alternate days ensures the health of the darling. Price. Re. 1 per tin.

D. D. Tangri *Esq.*, A.M.I.S.E. etc.. Civil Engineer (London) writes :— "The *Soothing Powder,* to tell the truth, saves many untimely deaths due to the teething troubles. I would advise every father to keep it always ready at hand for the safe guard and health of his young ones. It has done good to my children."

9. (*i*) **Impotency Oil No. 1:—**For external application to cure partial

(*ii*) **Impotency Oil No. 10**—Quite harmless, but very afficacious in curing the after effects of many misdeeds done in boyhood, through ignorance. Maximum course of treatment is 16 days'. Price Rs. 3 per phial.

Dr. S. Lal Kapur, i/c Dispensary Dist. Jail Lucknow writes :— "Your *Impotency* Oil No. 1 and No. 10 are tried on my different patients and found them both harmless and very afficacious. In acute cases I would recommend No. 10, which in my opinion is twenty times stronger (but harmless) than No. 1."

10. Cupid Oil No. 10:—This Oil is highly useful for the Amirs, Umaras, Kings, Ministers and rich men who keep many wives. It possesses the miraculous power of increasing the sustaining power, and enhances the pleasure of the both, if rubbed before the needed hour. Price Rs. 5 per phial.

Mr. Singh, Manager Prince Hindu Hotel, writes:—"It would not be out of place to say that *Cupid Oil* makes the old young, and the young ever strong. It is an invaluable boon to the rich.

11. Gono-Syph Oil:—It is extremely useful and highly recommended for inunction and injection purposes in the new as well as chronic cases of Gonorrhœa and Syphilis. Price Re. 1.

Dr. Narain Singh L. M. P. M. S. B. writes Steno's Gono-Syph Oil was used by many of my patients for inunction purposes with favourable results.

12. Gonor Pills:—It is our herbal preparation to cure Gonorrhœa of mild type in a week, and the acute type in a fortnight. Price Re 1 for 30 pills.

b. **Syphilot Pills:**—This preparation is infallible and specific for syphilis—primary, secondary and acute stages. Price Re. 1 for 30 pills.

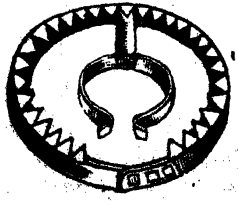
Dr. G. Lal, M. B. of London Dispensary writes:—"Your *Gonor and Syphilot Pills,* I have tried, on several of my patients, and found them most afficacious."

GENERAL.

Sleepless Guard.—It is an electro-amulet, if

wound up around your loins. magically saves you from night discharges. Price Re 1 only.

Steno's Night Discharge Ring—It is to be



worn every evening on your penis. Its mechanism is such that it would awaken you automatically an alert and faihful sentinal just before the pollution. Price Re. 1 only